

★ THE MASSEUR ★

American
Association



Masseurs
Masseuses

OFFICIAL BULLETIN

MARCH - APRIL - 1958

DECATUR, ILLINOIS

FOOD SPRAYING VERSUS THE PEOPLE

POISON SPRAYING STIRS UP RUCKUS

Do private citizens have a right to prevent government agencies from using poisons in a way that causes them to be released or take effect on private property?

The Department of Agriculture last summer sprayed from airplanes nearly a million pounds of DDT over the New York East Coast area in an attempt to wipe out the leaf-chewing gypsy moth. As a result a welter of charges recently was brought against the USDA in a New York federal court.

Angry landowners were led by Dr. Robert Cushman Murphy, curator emeritus of the American Museum of Natural History. They asked the court to permanently enjoin the government from spraying insecticides on private property.

Dr. Murphy cited evidence that birds keeled over or wandered around with DDT "palpitations." Honeybees and beneficial ladybugs died. A crop of thoroughly sprayed peas was analyzed and found unsafe to eat by the government's own standards.

More ominous was the testimony of Dr. Malcolm Hargraves, a blood specialist with Rochester's

Mayo Clinic. He asserted that DDT may likely cause leukemia and Hodgkin's disease. These are cancer-like diseases of the blood and blood-making organs.

Dr. W. Coda Martin, a New York specialist in diseases of older people, told of tests he had conducted which showed that every person tested had DDT stored in his system. In about one-fourth of these cases the DDT toxicity was high enough to be considered immediately dangerous to health. The nervous system and liver are particularly vulnerable to DDT poisoning, Dr. Martin explained.

The evidence presented thus far makes it appear that the government was so eager to control the gypsy moth that insufficient consideration was given to the possible deleterious effects of indiscriminate use of poison.

FOOD LAW NEEDS TIGHTENING

The U. S. Food and Drug Administration has responsibility for protecting the American public against food preparations that might prove injurious to health. Yet, recently President Eisenhower signed into law a bill which permits orange growers to dye

their fruit with a coal tar preparation.

In 1955 the FDA had banned use of the dye on the grounds it had not been proved harmless. Meanwhile, Canada forbid use of the dye.

The law which lifts the ban in the United States acknowledges that the dye might be harmful, and gives the citrus industry until 1959 to get a substitute that is proven non-poisonous. Until then the coal-tar tinted fruit remains on the market.

The argument put up by the Florida and Texas orange growers is that their business would suffer if they could not tint their fruit. So Congress simply insisted that the growers label the dyed oranges "color added" until a safer process could be discovered.

Chemicals used on food are not subject to the same rigid requirements as drugs under FDA rules.

It is not a question of the minuteness of harm that might be done by a dye or other food processing. If there is the least shadow of a doubt as to the harmlessness of the ingredient its ban should follow without hesitation. Protecting the interests of an industry is no excuse for endangering the health of the consumer.

LISTENING TO
PEOPLE

THE MASSEUR

Bimonthly publication of the
American Association of Masseurs
and Masseuses.

Published in Decatur, Illinois
Charles W. Brooks, Editor
3111 North Water Street



D. S. CARLSON,

PRESIDENT'S MESSAGE:

We judge men by their ability to get to the top and stay there. They are rated according to the distance they have come up the ladder of achievement. At the bottom is utter failure; at the top success, and between these two extremes most of us find ourselves sweating and toiling until old age. Some give up and slide to the bottom and become inhabitants of Skid Row, and subsist on handouts until death claims them.

At the top are the few who by a combination of talent, hard work and good fortune manage to reach the peak and all the luxury, fame and power that are found there.

But in all this there is no happiness. The effort to succeed puts too much strain on the nerves. Excessive preoccupation with the struggle to win narrows the mind, hardens the heart and shuts out many bright visions which might be enjoyed if there were only leisure to notice them.

The man who reaches the pinnacle is seldom happy very long. He soon becomes eaten with fears that he may slip back a peg and be forced to surrender his place to another. Examples of this are found in the feverish way the TV star watches his rating and the politician his mail. It will not do to be second best, he must be first to be happy.

The mania to succeed is a good thing perverted. The desire to fulfill the purpose for which we were created is of course a gift from God, but sin has twisted this impulse about and turned it into a selfish lust for first place and top honors. By this lust the whole world of mankind is driven as by a demon, and there is no escape.

The New Testament introduces us to a spiritual philosophy infinitely higher than and altogether contrary to that which motivates the world.

According to the teachings of Christ the poor in spirit are blessed; the meek inherit the earth: the first are last and the last first: the greatest man is the one that best serves others; Our Lord came for this purpose; not only to serve but to give his life for others.

How wonderful it would be if all our members were motivated by this principle of Christ in serving mankind; Are we willing to be the least recognized among the healing professions, if we can be of greater service to suffering humanity?

1958 CONVENTION NEWS FLASH

Just received a note from Tommy Olson, Indiana's convention promoter. He says he has received assurance that our group will be able to visit the Indianapolis famous speedway.

That they have made arrangements to rent the Cadle Tabernacle, which seats 10,000 persons. They are planning a Layman's

Night, with a wonderful entertainment and program to which the public is invited. He says, they feel that this will be the largest public relations promotion ever attended by our profession and organization.

To help draw the large crowd at the layman's day exercise, they have secured the services of the Spear Family Singers. These people have almost always filled this large auditorium on their past performances. A door prize will be offered to all that attend the Layman's Day, following the Layman's night program.

BUCK A MONTH CLUB

The club is still gaining slowly but surely. 52 dollars have been added since the last issue of the Masseur. Again I wish to thank those members that have come to the rescue of the finances of the association. The following names and amounts have been contributed during January, February and March.

Irene Jordan, California	\$ 6.00
M. C. Mulchy, Missouri	12.00
Jane C. Felts, Georgia	1.00
Stewart T. Piper, Washington	3.00
Harry &	

Hazel Anderson, Illinois	12.00
Esther &	

Lowell Spangle, Indiana	12.00
Mary Arrasmith, Illinois	6.00

This brings the total to \$229.00 that the members have donated to this fund.

The following is a list of the members and what they have sent in to Samuel Dahlgren National Sec'y-Treas. 1104 4th Ave., S., Fargo, N. Dakota.

George Gammon, Calif.	—\$12.00
Samuel Dahlgren, N. Dak.	—\$12.00
Frank Persitza, Wis.	—\$12.00
Mary Howells, Ill.	—\$12.00
David Carlson, Ga.	—\$12.00
John Persona, Wis.	—\$12.00
May Arrasmith, Ill.	—\$3.00
Stewart Piper, Wash.	—\$3.00
Lucy Walter, Calif.	—\$5.00

Mildred Tandy, Calif.—\$12.00
 Jane Felts, Ga.—\$1.00
 Lona Martin, Calif.—\$12.00
 Henry Knie, Ill.—\$1.00
 Total of \$109.00.
 Jack Mayfield, N. Dak.—\$12.00
 Richard L. Frysinger, Ill.—\$12.00
 Lois Essex, Calif.—\$12.00
 Dougald Munro, N. Dak.—\$12.00
 Charles W. Brooks, Ill.—\$12.00
 Theresa M. Sourbeck, Calif.—\$2.00
 Jane C. Felts, Ga.—\$4.00
 Pauline Landers, Calif.—\$1.00

IMPORTANT NOTICE!

To: All Masseurs, Masseuses and Commercial Therapist, State of Oregon.

From: American Association Masseurs, Masseuses and Commercial Therapist.

Subject: General Caucus Meeting called to revise, correct, delete, and make changes in the Oregon State Massage Laws.

1. This meeting is being called for March 9th, at the Veteran's Hall, 1004 S. W. Third St., at Salmon; Portland, Ore., at 1 p.m. for the express purpose of correcting, amending, deleting, adding thereto, making appointments to our present State Massage Laws; calling for the appointment by the Governor for a new Massage Commission to regulate the Massage Profession.

2. This meeting is imperative to all masseurs and masseuses, who feel that we are capable of administering and enforcing the principles of the Ore. Massage Laws. Also, to combat the registered therapist who would like to have us all put out of business or under their jurisdiction.

3. The registered therapist (Head Office in New York City), failed in their last attempt to pass a new law which would have easily put a lot of us out of business regardless whether, or not, you are actively engaged in the massage profession. This writer has tried twice by mail and once by phone

for the purpose of bringing these two organizations together for a general going over of the laws, thereby eliminating overlapping statutes. Hence it becomes imperative that we take matters in our own hands, to introduce legislation in the forthcoming legislature to protect our profession.

4. This is NOT a one man job! It requires the efforts of everyone to help put this over. Your presence is not only expected, but your financial help is **DEMANDED**, (regardless of organization affiliations). A contribution of one dollar (\$1.00) will help start the ball rolling for stationery, stamps, phone calls, transportation, etc., etc. Mail or bring your dollar to this meeting and be there to have your say in your own profession!

5. Yours for continued co-operation, I beg to remain as,

Faternally yours,
 C. A. Tyler
 Sec. Treasurer,
 A.A.M.M. Ore. Chap.
 Dundee, Oregon.



SOMETHING NEW HAS BEEN ADDED

Persona Health Service, Inc. of Milwaukee, Wis. has added a new member to the firm.

John Persona Persita is the new member, weighing in at 6 lbs. 4 oz. at birth on Oct. 22. Mother and especially Dad doing fine. John says he can do handstands already and thinks by convention time he will have him skinning the cat from the high bar.

Congratulations Mr. and Mrs. Persona from the entire association.

Don't wait so long for the next one. The Personas have two grown daughters.

NEW CANCER MENACE IN FOODS

By George McGrath

Before you swallow that spoonful of ice cream or eat that delicious pastry, read this and your indignation may be greater than your indigestion.

This is the story that the government was afraid to tell. This is the story of a threat so great, that the lives of most of us may be in danger.

In plain words, this story tells for the first time, that many of our everyday foods contain cancer-producing agents.

The truth, as reported by one of the nation's leading cancer experts, reveals the staggering information that the vicious killer, cancer, lurks dormant in such foods as candies, soft drinks, vitamins, bread, rolls, puddings and many other edibles.

But what makes this story even more shocking and even frightening is that the Government's Food and Drug Administration, the policeman who is supposed to guard our food has ordered this information suppressed so that the American people wouldn't know the bitter and deadly truth.

Human Guinea Pigs

Considering how huge and terrifying this threat of cancer through the food we eat is, the irresponsible action of the Food and Drug Agency is making not only guinea pigs out of the American people, but worse yet, is making suckers out of us.

In terms that can be understood by even a half-brained bureaucrat, Dr. W. C. Hueper, chief of the Environmental Cancer Section of the United States Health Services National Cancer Institute, leveled with this blast: "It is a well established fact that an appreciable and growing number of chemicals, of which a few are known to enter the human food supply, are capable of causing and do cause cancers in man under

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proper conditions of exposures." No buts, ifs or maybes. Dr. Hueper went on to say: "This disconcerting situation is aggravated by the observation that many additional chemicals, some of which are incorporated into consumer goods including foodstuffs, elicit cancers in experimental animals when introduced in proper amounts and under suitable conditions."

With this damning evidence before it, and knowing full well that many of the foods mentioned in the report were being eaten daily by millions of Americans, did the Food and Drug office act? Certainly it did. With a speed ignited by the protests of the powerful chemical trusts and leaders in the food industry, the food and drug agency said—PUT THE LID ON IT. Suppress the report. Don't tell the American people about the poisons they're eating.

The Suppressed Facts

"On the basis of information available on carcinogenic properties or presently used or permitted food additives and contaminants the following chemicals must be considered carcinogenic according to the widely accepted definition that carcinogens are agents which when applied under certain conditions to man or animals elicit the subsequent development of cancers which would not have appeared otherwise."

The evidence on hand shows that some food dyes used in candies, cakes and desserts can cause cancers.

Dr. Hueper said that several food and cosmetic dyes can probably cause cancers in humans, others are potential cancer-producing agents and many additional ones have not been adequately investigated.

This article was taken in part from the Jan. issue of the Police Gazette.

Old bankers never die, they just lose interest.

RESULTS OF DECEMBER 6th MEETING OF STATE BOARD OF HEALTH

On December 6th, your Pres., Sec., Treas., Past Pres. Scheid, and C. E. Sample attended the Board meeting of the State Board of Health on the 9th floor of the State Bldg., 1400 S.W. 5th St., Portland, Ore.

Pres. Belden took the floor and made a direct inquiry of the Board if said directive issued to all members was in effect. To which we were informed that it was retroactive to the time the massage profession was taken over by the board. After much discussion both pro and con on both sides, we thanked the members of the board for the time we took in presenting our case, and earnestly informed them that we were by no means going to sit idly by, but intend on making a change in the present massage law. It was noted by this writer that there was a mumbling of voices after your committee left the room and we honestly feel we left them with plenty to think about.

However, upon gathering in the hallway, we met our good friend Mr. Thomas P. Blair, who asked if he could have a few words with us in his office, to which we gladly accepted.

It seems that the general consensus of opinions were that even though we made no headway with the Board of Health, we at least have made a friend in Mr. Blair. Apparently the Doctor's don't like to have anything or any persons using the word "medical" (which our contemporaries are using) and the term "treat," which they hold as being their private word. Hereafter don't leave patients with the idea that you are going to **treat** them (even though that is the true meaning of massage) or speak in the terms of medical attributes.

Mr. Blair informs us that any modality which we are now using

is for our own use to do with as we please. He's interested in the sanitation of place of business, our moral turpitude in the community, and that we keep 'inside' of laws at all times. Hence, it can be honestly said if in doubt of anything, contact Mr. Blair, whose card I enclosed herewith. Don't advertise or say you **cure anything**, don't antagonize the local doctors in your immediate community by word of mouth, work all the harder to give a patient or customer (whichever you feel he is) a good massage and if ever in doubt, **JUST DON'T**. Let the Doctors take anything which you might feel is outside the realm of Massage, cause that's his business to diagnose, also because he's getting paid more money for his services, so let him take the responsibility and blame.

It has been requested that a general caucus meeting of all masseur and masseuses and therapist, have a general meeting some time after the first of this coming year, 1958, at which time committees can be appointed to go into the changes we want made in the Massage Laws. You will be notified as to when this meeting will be held and where.

C. A. Tyler, Sec'y
Oregon Chapter.

GEMS OF WISDOM

When Daniel Webster was questioned as to what he considered the greatest legal digest, his reply was the Sermon on the Mount.

The person who hasn't a leg to stand on is usually the one who does the most kicking.

—O—

There are two sides to every question—the wrong side and our side.

—O—

It's all right to hold a conversation, but you should let go of it now and then.

—Richard Armour

—O—

INDIANA CHAPTER

Minutes of the Meeting of January 12, 1958. Meeting at the Hoffman Hotel, 120 W. LaSalle St., South Bend, Indiana.

Meeting was called to order 10:30 a.m., president George W. Stoller presiding. Invocation by Mr. Spangle, substituting for our regular chaplain, Mrs. Mary Leets. Roll call was by personal introduction. 17 members and 12 guests were present.

The secretary read the minutes of the last meeting at Hotel Cortland, Kokomo, Indiana, Nov. 3, 1957. The minutes were accepted as read.

Mr. Spangle gave the Treasurers report. It was accepted as read.

There was no report from Committee on schools and colleges.

Mr. Spangle's report that the committee on legislation had taken no action, but felt deeply the legislators should be contacted and written occasionally during this period when the legislature is not in session.

Mr. Olin W. Holcombe of Kokomo expressed a willingness to visit the different communities and contact the various legislators personally with the help of our local members.

Moved by Mr. J. Frederick Myers of Highland that Mr. Holcombe organize our group to contact the legislators in the various districts. Seconded by Mr. Rittenhouse of Kokomo. Passed unanimously, so ordered.

It was proposed by Mr. James Anderson of Marion that we each build up a signed record of patients treated and we have them to show the work being done by our group for humanity to impress our legislators with what we are doing. It was agreed we should look into the possibilities of keeping and using such records and that it would be reported on in our next News Letter. We recessed for lunch at 12:25. We enjoyed the

Hotel Hoffman's Sunday Smorgasbord, a very good dinner.

We reconvened at 1:30 to finish our business meeting. Mr. Thomas D. Olson from Indianapolis reported his work as Executive Secretary of public relations, on contacting the Medical Board and on the action of the Board in regard to Physical Therapy. Mr. Olson also reported progress and plans being made by the Convention Planning Committee.

It was agreed our next meeting would be held at LaFayette, Indiana, March 9, 1958.

President Stoller appointed Bessie E. Erfurth to secure place for the meeting and plan this and the other meeting for the current year, arrange for speakers, etc.

This was done to place responsibility for the job and also to relieve pressure on our Secretary, Mr. Lowell Spangle who is at present very busy on the Convention Planning Committee.

This concluded our business and Mr. Spangle proceeded with the Seminar instruction with a quite detailed lecture on the "Basic Principles of Good Massage," showing that when the basic essential knowledge is understood the right techniques will be used, the massage will be more effective. Our standards will be higher, our practice more standardized. The profession better accepted and our work more profitable to both patients and practitioners.

Mr. Ed Barrett of the Sivad Co. of Highland Park, Michigan, gave us a very instructive lecture on weight reduction through balance Nutrition. Mr. Barrett's talk was interesting and rich in vital facts that made us all feel we got some good useable information on the subject. Mr. Barrett was very popular here and we will all look forward to more of the kind of teaching he gave us. We feel this was in all ways a very good meeting. We adjourned at 4:05 p.m.

Lowell M. Spangle
Indiana Chapter A.A.M.M.

INDIANA CHAPTER

Minutes of the Meeting of the Indiana Chapter of the American Association of Masseurs and Masseuses. Held at Marshalls Restaurant, Mar Jean Village, Lafayette, Ind., March 9, 1958.

Meeting was called to order at 10:40 a.m., president George W. Stoller, presiding.

Invocation by Thomas D. Olson, officiating as Chaplain in the absence of our regular Chaplain, Mary Felton Leets.

Roll call showed 24 members and 12 guests present.

The sec'y, Lowell M. Spangle read the minutes of our last meeting held at the Hoffman Hotel, South Bend, Indiana, Jan. 10, accepted as read.

Mr. Spangle also reported his activity on Legislative Committee.

Mr. Holcombe of Kokomo also reported his activity on Legislative Committee and submitted a petition for use as suggested by Mr. Anderson of Marion.

Dr. Olson reported for Convention Planning Committee things are shaping up nicely. We have rented Cadle Tabernacle, the largest meeting hall in Indianapolis for opening feature of our public relations program. Public relations will play an important part in this convention. Rev. Moneymaker of Indianapolis, State Chaplain for the Firemen and founders of the Chaplains Hour Radio Program gave us invaluable aid in procuring this Tabernacle which for a time seemed beyond our means. In gratitude for this service we took up a collection of \$40.00 which we gave to him to use for his radio program. This tabernacle has a seating capacity of 10,000 and we have engaged the Spear Family, nationally famous gospel singers. They have filled the Tabernacle on previous occasions.

We distributed the programs for the Quad State Convention to be held at Peoria, Illinois, April 12-13, 1958. Several promised to go

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to this convention. Our next meeting will be held at Gary, Indiana, May 18, 1958.

Nominations for next years officers will be made at that meeting, other features of the program are not completed.

We adjourned for lunch at 12:20 p.m. 1:30 p.m. we reconvened for our Seminar. Dr. Otis J. Briggs, dean of the students at Lincoln College, Indianapolis gave us two very informative illustrated lectures which were very interesting and well received.

Following this meeting three new applications for membership were received. Everyone present felt this had been a very enjoyable and successful meeting.

Lowell M. Spangle
Sec'y and Treasurer

IDAHO CHAPTER

Meeting of the Idaho Chapter of A.A.M.M. was called to order by Mrs. Minnie Keim, president.

Secretary's report read and approved. Secretary read the following letters: Mr. Gammon re: Buck A Month Club.

Mr. Dalgren re: Buck A Month Club and encl. copy of change of By-laws.

Mr. Hebdon re: Smith case which has been appealed to supreme court.

Dr. Frank Lasher re: His not keeping his membership in A.A.M.M. because he wishes to be identified with N.D.'s.

Motion by Mr. Sutton seconded by Roberts to write Mr. Carlson regarding recognition of school and advertising of a non-member of A.A.M.M.

Motion by Mrs. Johnson seconded by Mr. Sutton to write members who have dropped out to rejoin our organization.

Meeting adjourned and demonstrations as follows:

Dale Momany: Massage for Sinus.

Marion Sutton: Bursitis and Sciatica.

These were splendid demonstra-

tions in which other members took part or asked questions.

Mary Babbitt then demonstrated her latest piece of equipment, an Arnold Glamour-Tone reducing table.

Cheese Cake and Coffee for refreshments.

Next meeting will be with Dale Momany. Cards will be sent to announce date.

Mary Babbitt, Sec.

MASSACHUSETTS JANUARY MEETING

On Sunday, January 19th, our chapter met at 246 Pleasant street in East Walpole. Several roads were closed because of icy conditions, so we felt fortunate to have twelve present. All were greeted with hot tomato bouillon by the hostess.

Mae Conrad of E. Braintree and Bernice Novick of E. Walpole, were accepted as members, with chairman of Rhode Island, Alice Smith, accepting Ida Thorson of Warwick, R.I. as member. All are newly graduated from the George Massage School. Rhode Island will try to open a charter soon. Chairman of Book Reviews, Cecil George, announced that he has not heard from the National Chairman Dr. A. White as yet.

Several articles were sold for the Ways and Means Committee and for the Educational Fund.

Plans are under way for the State convention to be held on May 17, 18th, at the Hotel Bancroft in Worcester.

A catered informal Chinese buffet was enjoyed, before Hydro therapy packs were presented by Mae Conrad and Ida Thorson.

Walpole Selectman Mr. Edward J. Delaney proved to be amusing and entertaining as the dinner speaker. Mr. Delaney's lovely wife, Edna, was a guest.

Next meeting March 16th in Worcester with Sadie A. Seligman to serve as chairman.

Submitted by,

Ann B. White, Pres.

THE 1958 YEAR BOOK

The new Registry and Year Book is ready to go to press and will soon be in the hands of the membership.

We are trying out a new idea this year in the printing of the registry. It is to have within its covers all the by-laws, their amendments and resolutions. Besides the directory there will be printed the code of ethics, officers oath, rules and regulations for conducting meetings and map illustrating the divisions the directors represent.

Getting all this information in printable form has taken quite a bit of time and work. We hope you will be considerate and patient until the book is in your hands. All this extra work helps to account for the delay.

WELL, NOW

These old bones are gettin' weary
This old body needs a rest
The eyes are gettin' bleary
It has lost all pep and zest.

So I'll take it to the Doctor
To see what he can do
If he can find what's wrong with me
And make me good as new.

Now I'm taking juice and vitamins
And vegetables galore
When I'm running low on these
He'll make me buy some more

Ain't gonna be sick no longer
Ain't gonna be sick no more
My aches and pains are over
That troubled me before

'Cause I'm full of vim and vigor
And full of energy
I can work as hard as anyone
And I'm happy as can be.
babblin' brooks

Tact: The ability to describe others as they see themselves.

—Abraham Lincoln

—o—

HOW TO HELP ANOTHER PERSON

By NORMAN VINCENT PEALE

My friend, Arthur Gordon, whose stories and articles you have read in many national magazines, told me recently a touching incident about a small town newspaper editor.

The man had the habit of working late nights, alone in his office, writing his news and editorials. His friends knew when he was at work, for his light was readily seen from the street.

One night late, there was a knock at the door and a neighbor of the editor entered. He slumped down in the chair beside his desk. The editor knew the man's problem—just a short time ago he had taken his wife and son out canoeing and the canoe had overturned. The man and wife were saved, but the boy, the apple of his eye, was drowned. Since then, the father had been inconsolable, walking the streets in a daze.

The editor smiled at his friend. "Hello, Bill" he said, "Sit down and rest yourself a while." The man sat in utter dejection while the editor went on with his work. Finally, he paused at his typewriter and asked, "How about a cup of coffee, Bill?" He plugged in the pot and presently put a hot cup before his neighbor. "Drink that. It'll do you good." The two men sipped their coffee silently.

When they finished the coffee still the man remained quiet and the editor went back to work. After about an hour, the visitor suddenly began to talk. He went over the whole accident in meticulous detail, citing what would have happened if he had done this and what would not have happened if he had done that, and blaming himself all the while. The editor sat back in his chair and let his friend talk for almost an hour, until he ran down and fell silent again. He seemed a bit more relaxed.

Then the editor went over to him, put his arm around the man's shoulders and said: "Thanks, Bill, for dropping in on me. You're tired now," he advised "Go on home and get some sleep."

"May I come and talk to you again?" the neighbor asked.

"Any time," the editor answered. "Just come on in and talk. Wake me in the middle of the night if you feel like it; I won't mind." He patted his unhappy friend's back affectionately. "God bless you, old boy—and He will too, in time," he added.

The editor hadn't tried to give his neighbor any pat answers, nor had he attempted to explain the whys and wherefores. All he had done was to be kindly, friendly and patient, and above all, to listen. And that was enough.

For, in the last analysis, every man and woman on this earth has to solve his or her own problems. But one of the best ways to solve your problems is to talk them out with a willing and patient listener, with one who has the insight and human understanding of the editor.

Are you one whom people turn to? There are, in your neighborhood or in your place of business, people who are carrying all manner of burdens. How many have you let come and talk to you? Or do they shy away from you? It's a pity, indeed, if we have never demonstrated anything that makes people turn to us.

Each of us can help other people by being willing to listen, with patience and understanding. And incidentally you can become a stronger person yourself by so doing, for always, when you help someone else, you help yourself.

Failure is the path of least persistence.

—O—

He stands best who kneels most.

—O—

We are never so high as when we are on our knees.

—O—

FOR SALE

I have just opened a massage and bath studio that I have decided to sell. It is located in a nice city in central California in the heart of the breadbasket of the state. It consists of an ultra modern custom built new three bedroom, two bath, home with all modern built-ins. A breezeway leads over to the office, which has a connection to a two-car garage. This also has a bath and shower. All nicely finished and new. Located on a very nice street in a R. 3 zone. City sewers and water. Next door to the Leading Medical Clinic, near all the schools and stores. Will sell furnished or not. Office has reclining cabinet vibrator tables etc. For further information, write the owner.

THEODORE NORBY, R.M.

**1104 Colorado Ave.
TURLOCK, CALIF.**

Frequent interviews with God are necessary for power, wisdom and authority.

—O—

If I neglect prayer for a single day, I will lose a great deal of the fire of faith.

—Martin Luther

—O—

Hardship makes a person either bitter or better.

—O—

The fruit we pluck springs from the seed we sow. And from our deeds flow both our joy and woe.

—O—

Be careful what you start in trying to stop something.

—O—

Many can rise to the occasion but few know when to sit down.

—O—

You can't build up a reputation on what you are going to do.

—O—

A small boy is a pain in the neck when he is around, and a pain in the heart when he is not.

—O—

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